. **PARTICIPANT INFORMATION SHEET**

UNIVERSITY OF WOLLONGONG AUSTRALIA

TITLE: *How is personality related to close relationships and attitudes towards mental health problems?*

PURPOSE OF THE RESEARCH
This is an invitation to participate in a study conducted by researchers at the University of Wollongong. The purpose of the research is to investigate attitudes towards mental health problems, and how these may relate to pathological personality traits, relationship styles, and perfectionism.

INVESTIGATORS
Phillip Watt (Student) Currently undertaking the Master of Psychology (Clinical) at the University of Wollongong
Dr Samantha Reis (Chief Investigator) Faculty of Social Sciences
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METHOD AND DEMANDS ON PARTICIPANTS
If you are 18+ years old and choose to be included, we invite you to participate in an online, anonymous survey. There are around 116 short questions in the survey and it is estimated to take 45 to 60 minutes. Some demographic data (e.g., your age, gender, education level, and relationship status) will be collected. The next questions will ask you about your personality type, your close relationships, and attitudes towards mental health problems. Some example questions and statements are "most people would willingly accept a person who has had mental illness as a close friend", "have you often been distrustful of other people?" or "I try to avoid getting too close to my partner".

Once you complete all the questions, you will be exited from the survey. **You can choose to cease participation at any time with no consequences. However, once questions have been completed, the data cannot be withdrawn, as responses are anonymous.** Discontinuing participation at any point will not have any effect on you or the research. The study is completely **voluntary** and **anonymous**.

POSSIBLE RISKS, INCONVENIENCES AND DISCOMFORTS
Apart from the 45 to 60 minutes of your time to complete the survey, we cannot foresee any risks for you. Some of the questions ask about negative moods and experiences. There is a slight possibility that these questions may trigger some emotions from you. If that occurs and you feel any distress or concerns, please use the contact numbers provided for free and confidential counselling. You can call Lifeline on **13 11 14**, Beyond Blue on **1300 22 46 36,** Black Dog Institute on **(02) 9382 2991,** MindSpot on **1800 61 44 34,** or you can contact your GP.
Your involvement in the study is voluntary and you may withdraw your participation from the study at any time and withdraw any data that you have provided to that point. The decision to not participate, or to withdraw from the study, will not affect any current or future relationship with the University of Wollongong or the researchers.

BENEFITS OF THE RESEARCH
This research will provide a deeper understanding of personality, close relationships, and their impact on attitudes towards mental health problems. Findings from the study will be used as part of a Masters Thesis project being undertaken by Phillip Watt at the University of Wollongong, and possibly published in psychological journals and presented at conferences. Confidentiality is assured and you will not be identified in any part of the research.

USE, STORAGE AND SECURITY OF DATA
All data collected from participants will be owned by the University of Wollongong. Data will remain anonymous and de-identified, and will not be used again without ethics approval. All data collected from participants will be owned, used and stored for 5 years by the University of Wollongong.

ETHICS REVIEW AND COMPLAINTS
This study has been reviewed by the Social Sciences/Health and Medical Human Research Ethics Committee of the University of Wollongong. If you have any concerns or complaints regarding the way this research has been conducted you can contact the UOW Ethics Officer on (+61) 2 4239 2191 or email uow-humanethics@uow.edu.au.

Thank you for your interest in this study.

. Do you agree to participate?

◉ I agree

. Please click the blue arrow to continue.

Q1. What is your age?

This question was not displayed to the respondent.

Q2. What is your gender?

This question was not displayed to the respondent.

Q3. What is your ethnicity?

This question was not displayed to the respondent.

Q4. What is the highest level of education you have received?

This question was not displayed to the respondent.

Q5. Are you currently in a close relationship?

This question was not displayed to the respondent.

. These questions are about how you feel in your relationships with others. Please read the following passages very carefully. Then rate each paragraph (on a scale of 1 to 100) according to how closely the paragraph describes you:

This question was not displayed to the respondent.

. **A. It is easy for me to become emotionally close to others. I am comfortable depending on them and having them depend on me. I don't worry about being alone or having others not accept me.**

This question was not displayed to the respondent.

. **B. I am uncomfortable getting close to others. I want emotionally close relationships, but I find it difficult to trust others completely, or to depend on them. I worry that I will be hurt if I allow myself to**

become too close to others.

This question was not displayed to the respondent.

. **C. I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like. I am uncomfortable being without close relationships, but I sometimes worry that others don't value me as much as I value them.**

This question was not displayed to the respondent.

. **D. I am very comfortable without close emotional relationships. It is very important to me to feel independent and self-sufficient, and I prefer not to depend on others or have others depend on me.**

This question was not displayed to the respondent.

. Now of the four above responses, which one describes you best?

This question was not displayed to the respondent.

Q. Please indicate how much each of the following statements is typical of you. Use the scale provided.

This question was not displayed to the respondent.

Q. The following questions assess your intentions to seek help for personal or emotional problems. If you were having a personal or emotional problem, how likely is it that you would seek help from the following people?

This question was not displayed to the respondent.

Q. If you selected any option for "I would seek help from another not listed above", please specify who this would be (e.g. work colleague). If not, leave blank.

This question was not displayed to the respondent.

Q. Please read each of the following statements. For each statement, select a number between 1 (strongly disagree) and 4 (Strongly agree), which best describes your opinion.

This question was not displayed to the respondent.

. Instructions: The following statements concern how you feel in romantic relationships. Please respond to each statement by indicating how much you agree or disagree.

This question was not displayed to the respondent.

. You are halfway through, please continue by clicking the arrow.

This question was not displayed to the respondent.

. Please answer “Yes” or “No” for each of the following questions:

This question was not displayed to the respondent.

. 1. Have any of your closest relationships been troubled by a lot of arguments or repeated breakups?

This question was not displayed to the respondent.

. If so, how often.

This question was not displayed to the respondent.

. 2. Have you deliberately hurt yourself physically (e.g., punched yourself, cut yourself, burned yourself)? How about made a suicide attempt?

This question was not displayed to the respondent.

. If so, how often.

This question was not displayed to the respondent.

. 3. Have you had at least two other problems with impulsivity (e.g., eating binges and spending sprees, drinking too much and verbal outbursts)?

This question was not displayed to the respondent.

. If so, how often.

This question was not displayed to the respondent.

. 4. Have you been extremely moody?

This question was not displayed to the respondent.

. If so, how often.

This question was not displayed to the respondent.

. 5. Have you felt very angry a lot of the time? How about often acted in an angry or sarcastic manner?

This question was not displayed to the respondent.

. If so, how often.

This question was not displayed to the respondent.

. 6. Have you often been distrustful of other people?

This question was not displayed to the respondent.

. If so, how often.

This question was not displayed to the respondent.

. 7. Have you frequently felt unreal or as if things around you were unreal?

This question was not displayed to the respondent.

. If so, how often.

This question was not displayed to the respondent.

. 8. Have you chronically felt empty?

This question was not displayed to the respondent.

. If so, how often.

This question was not displayed to the respondent.

. 9. Have you often felt that you had no idea of who you are or that you have no identity?

This question was not displayed to the respondent.

. If so, how often.

This question was not displayed to the respondent.

. 10. Have you made desperate efforts to avoid feeling abandoned or being abandoned (e.g., repeatedly called someone to reassure yourself that he or she still cared, begged them not to leave you, clung to them physically)?

This question was not displayed to the respondent.

. If so, how often.

This question was not displayed to the respondent.

. If any emotions arose in response to the questions, and you feel you would like to speak to someone about it, please call: Lifeline on 13 11 14, Beyond Blue on 1300 22 46 36, Black Dog Institute on (02) 9382 2991, Mind Spot on 1800 61 44 34, or Contact your GP.

Please click the arrow to continue the survey.

This question was not displayed to the respondent.

. Instructions: Please read each of the following statements. For each of the following statements, select a number between 1 (strongly disagree) to 7 (strongly agree) indicating how much these statements apply to you.

This question was not displayed to the respondent.

. Do you, or have you ever, had a mental health problem?

This question was not displayed to the respondent.

. Please read each of the following statements. For each statement, select a number between 1 (strongly disagree) and 4 (Strongly agree) for which best describes your opinion.

This question was not displayed to the respondent.

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1. People with a mental illness make important contributions to society.

This question was not displayed to the respondent.

. 2. I feel comfortable being seen in public with an obviously mentally ill person.

This question was not displayed to the respondent.

. 3. Living with a mental illness has made me a tough survivor.

This question was not displayed to the respondent.

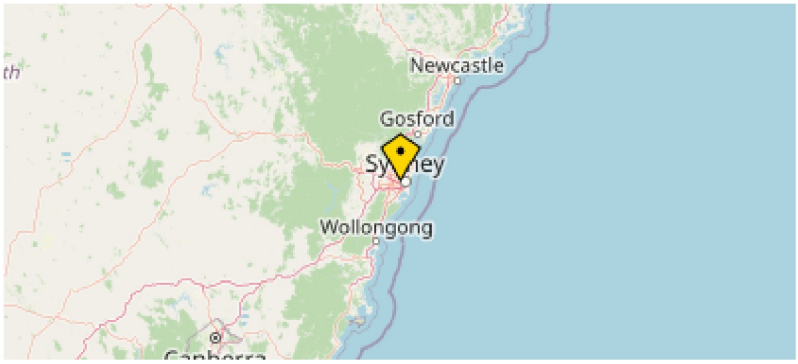
. 4. In general I am able to live my life the way I want to.

This question was not displayed to the respondent.

. 5. I can have a good, fulfilling life, despite my mental illness.

This question was not displayed to the respondent.

Location Data

Location: (-33.875, 151.1608)

Source: GeoIP Estimation